

# Resiliency Matters

## What?

Master Resiliency Training  
Strengthen relationships with family,  
spouses, children, & friends.  
Enhance your self-awareness, self-  
regulation, optimism, mental flexibility,  
character strengths and connection  
skills. And...It's FUN!

Who: Army Families

When: Every 3rd Friday of the month  
11:00 am-12:30PM

Where: ACS Schofield Barracks

Join us for one Workshop or for the entire Series

## 2011

May 20	ATC	<i>Build Self Awareness</i>
June 17	Avoid Thinking Traps	<i>Optimal performance</i>
July 15	Detect Icebergs	<i>Gain control over our emotions and reactions</i>
August 19	Energy Management	<i>How do you manage your energy and rejuvenate?</i>
Sept 16	Problem Solving	<i>Focus on Solution Strategies</i>
Oct 21	Put it in Perspective	<i>Take Purposeful Action</i>
Nov 18	Real-Time Resilience	<i>Fight back again counterproductive thoughts</i>
Dec 16	Identify Strength in Self and Others	<i>Knowing and using your strengths and the strengths of others.</i> <i>*** Requires Online survey prior to class***</i>

## 2012

Jan 20	Use Strengths in Challenges	<i>Improve teamwork and overcome challenges</i>
Feb 17	Assertive Communication	<i>Communication Strategies</i>
March 16	Active Constructive Responding and Praise	<i>Build Stronger Relationship</i>



To register, call 655-4227 or  
e-mail [cindy.l.morita@us.army.mil](mailto:cindy.l.morita@us.army.mil)



Contact ACS at any of the following locations or at [mwrarmyhawaii.com](http://mwrarmyhawaii.com)

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